Amendments to the Claims: This listing of claims will replace all prior versions, and listings, of claims in the application.

Listing of Claims:

1. (Currently Amended) A foot for optical or photographic supports, including a telescopic rod having several telescopic members ~~(3, 4, 5)~~ and, for each pair of adjacent telescopic members, an expanding stop mechanism mounted on one telescopic member of the pair and acting on the other telescopic member of the pair in order to block ~~the~~ their relative sliding ~~thereof~~ motion in a first direction of ~~the~~ two directions of relative sliding motion and to release the relative sliding motion in the other of the two directions, and also means ~~(31)~~ for the release on command of the stop mechanism for releasing on command the relative sliding motion in the first direction, the stop mechanism including a radially expandable ring and an expander body ~~(22, 22')~~ for the ring for pressing the elements of the ring radially against ~~the~~ an inner shell of the other telescopic member as a consequence of a relative movement between the ring and the expander body, the foot wherein ~~characterised in that~~ the ring comprises a plurality of barrel rollers ~~(20, 20')~~ having an outer shell ~~(21, 21')~~ with a curvature coinciding substantially with the curvature of the inner shell of the other telescopic member.

2. (Currently Amended) ~~A~~ The foot for optical or photographic supports according to claim 1, wherein the stop mechanism comprises a cage ~~(17, 17')~~ acting on the ring of rollers ~~(20, 20')~~ in order to maintain them in a position in which they are spaced circumferentially relative to one another and to hold them in position with respect to the movement of the expander body ~~(22, 22')~~.

3. (Currently Amended) ~~A~~ The foot for optical or photographic supports according to claim ~~1 or~~ 2, wherein the rollers ~~(20, 20')~~ are equidistant from the cage ~~(17, 17')~~.

4. (Currently Amended) ~~A~~ The foot for optical or photographic supports according to claim 1~~one or more of the preceding claims~~, wherein resilient means ~~(11, 11')~~ acting between the ring of rollers ~~(20, 20')~~ and the expander body ~~(22, 22')~~ are provided in order to impose a resilient preloading on the rollers ~~(20, 20')~~ by means of the expander body sufficient to apply friction to the relative sliding between the telescopic members.

5. (Currently Amended) ~~A~~ The foot for optical or photographic supports according to claim 1~~one or more of the preceding claims~~, wherein the stop mechanism comprises a stopper

~~(8, 8')~~ mounted at one end of ~~the~~ an inner telescopic member of the pair, a sleeve ~~(13,13')~~ capable of sliding in the stopper, resilient means ~~(11, 11')~~ between the stopper and the sleeve tending to return the sleeve into the inner telescopic member of the pair, the expander body including a conical ring ~~(22, 22')~~ capable of being positioned between the rollers ~~(20, 20')~~ and the sleeve as a consequence of the load weighing on the telescopic members in the first direction.

6. (Currently Amended) ~~A~~ The foot for optical or photographic supports according to claim 5~~one or more of the preceding claims~~, wherein the stop mechanism comprises a cage acting on the ring of rollers in order to maintain them in a position in which they are spaced circumferentially relative to one another, and the cage ~~(17, 17')~~ comprises a plate ~~(16, 16')~~ mounted on the sleeve ~~(13, 13')~~ and subjected to the preloading action of the resilient means in order to press the ring of rollers ~~(20, 20')~~ into engagement with the expander body ~~(22, 22')~~.

7. (New) The foot for optical or photographic supports according to claim 2, wherein resilient means acting between the ring of rollers and the expander body are provided in order to impose a resilient preloading on the rollers by means of the expander body sufficient to apply friction to the relative sliding between the telescopic members.

8. (New) The foot for optical or photographic supports according to claim 3, wherein resilient means acting between the ring of rollers and the expander body are provided in order to impose a resilient preloading on the rollers by means of the expander body sufficient to apply friction to the relative sliding between the telescopic members.

9. (New) The foot for optical or photographic supports according to claim 2, wherein the stop mechanism comprises a stopper mounted at one end of an inner telescopic member of the pair, a sleeve capable of sliding in the stopper, resilient means between the stopper and the sleeve tending to return the sleeve into the inner telescopic member of the pair, the expander body including a conical ring capable of being positioned between the rollers and the sleeve as a consequence of the load weighing on the telescopic members in the first direction.

10. (New) The foot for optical or photographic supports according to claim 3, wherein the stop mechanism comprises a stopper mounted at one end of an inner telescopic member of the pair, a sleeve capable of sliding in the stopper, resilient means between the

stopper and the sleeve tending to return the sleeve into the inner telescopic member of the pair, the expander body including a conical ring capable of being positioned between the rollers and the sleeve as a consequence of the load weighing on the telescopic members in the first direction.

11. (New) The foot for optical or photographic supports according to claim 4, wherein the stop mechanism comprises a stopper mounted at one end of an inner telescopic member of the pair, a sleeve capable of sliding in the stopper, resilient means between the stopper and the sleeve tending to return the sleeve into the inner telescopic member of the pair, the expander body including a conical ring capable of being positioned between the rollers and the sleeve as a consequence of the load weighing on the telescopic members in the first direction.